

# HUMAN SERVICES

Physical Address: 31 Arbor Way, Ellington, CT 06029

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**Phone: 860.870.3128**

**Joy Hollister, Director of Human Services**  
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**Rebecca Stack, Elderly Outreach/Social Worker**  
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The Ellington Human Services Department provides programs and services that meet the social services, health care, and transportation needs of the community. Including providing Ellington senior residents and their families with information on programs and services that can assist the elderly in living independently in our community.

**PLEASE CALL TO SCHEDULE AN APPOINTMENT**  
**Residents are provided direct service or referred to community-based programs.**

## Veterans' Coffeehouse

Meets the 3rd Thursday of the month at  
Hall Memorial Library at 10:30 a.m.  
Veterans from all branches of the US Military are  
invited to attend.

**Next Meeting Date: October 17th**

Contact Joe Palombizio for more information

860-870-3182.



## ENERGY ASSISTANCE

**The Ellington Human Services Department**

### DELIVERABLE FUELS

oil, wood, propane, etc.

**Call now to book your  
appointment 860-870-3128**

**Appointments starting  
September 15th**

First fuel delivery starting  
November 13th

### UTILITY FUELS

electric, natural gas, etc.

**Call starting October 21st to  
book your appointment  
860-870-3128**

**Appointments starting  
November 11th**

A list of required documents will be mailed to you after you book your appointment.

#### Dates

##### September 15, 2019

Appointments begin for deliverable fuel  
applicants (oil, wood, propane)

##### November 11, 2019

Appointments begin for utility fuel applicants  
(electric, natural gas)

##### November 13, 2019

First Day for fuel authorization or deliveries

##### March 13, 2020

Deadline for fuel authorization  
**April 30, 2020**

Last day that a utility household can apply for  
benefits (without a shut off notice)

##### May 15, 2020

Last day that a utility household can apply for  
benefits (with a shut off notice)

## Thursday, September 26th at 1:00 PM

Ellington Senior Center -  
40 Maple Street

**MEDICARE:  
WHAT YOU NEED TO KNOW  
NOW**



**Join us for an overview of Medicare**

- ☐ Medicare Basics
- ☐ Eligibility, Enrollment, and Options
- ☐ Traditional Medicare Benefits - A, B, D
- ☐ Medicare Advantage Plans
- ☐ Medigap or Supplement Insurance

**Open Enrollment Begins on  
October 15th**



## Memory & Movement For Caregivers & Their Loved Ones

The Last Wednesday of Every Month

At 1:00 p.m.

The Ellington Senior Center  
40 Maple Street, Ellington CT

A CLASS DESIGNED ON A MEMORY CARE MODEL.  
ENJOY AN EXERCISE CLASS ALONG WITH YOUR LOVED ONE.  
LIGHT CHAIR EXERCISES WITH MUSIC TO SING-ALONG  
AND A LIGHT SOCIAL TIME AT THE END.

LIGHT REFRESHMENTS WILL ALSO BE SERVED.

Class Instructed by Nicole Matson from Home Helpers  
Coordinated by Rebecca Stack, Ellington Human Services

Rebecca Stack,  
Elderly Outreach Social Worker  
is at the Senior Center  
on the Last Wednesday of the month  
between 10:00a– 1:00p.  
Stop in with your questions  
or just to say hello.



### Avoid Open Enrollment Scams.....

excerpt from [consumer.ftc.gov/2017](http://consumer.ftc.gov/2017)

Here are a few tips for avoiding scams this open enrollment season.

- Anyone that tries to sell you Medicare insurance while claiming to be an “official Medicare agent” is a scammer.

**There are no Medicare sales representatives.**

- Do not give any information over the phone to someone who tells you that you must provide information to keep your coverage.

If you need help with Medicare, call 1-800-MEDICARE or go to [Medicare.gov](http://Medicare.gov).



## FIT FOR THE FARM!

### SUNDAY OCTOBER 6TH 2-6PM

Robert Tedford Memorial Park , 45 Sadds Mill Rd Ellington CT

### FUN FOR THE WHOLE FAMILY!

Fun Run age 5 through adult: \$20  
FREE Kids Activities for ages 2-5  
(no registration required)

\*If you want run with a “team” or with your family,  
please be sure to register everyone for the same time-  
slot.

Everyone registered receives an official “Rugged  
Farmer” T-shirt. Out of Towners welcome!

For more details and  
to register go to:  
[parkrec.ellington-ct.gov](http://parkrec.ellington-ct.gov)

Proceeds to benefit the Robert Tedford Fund

Sponsored by : Ellington Youth Services, Ellington  
Recreation Department, Ellington Public Works, Sul-  
livan Tire, Anytime Fitness, Kamco Supply, Oa-  
krIDGE Dairy Farm, Ellington Volunteer Ambulance,  
Ellington Volunteer Fire Department, Integrated Re-